

Improve your resilience

How do people deal with difficult events? Many people who go through traumatic situations and stressful conditions generally adapt well after those events. They do it through resilience, and ongoing process that requires time and effort.

According to the American Psychological Association, resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Being resilient doesn't mean a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma. It's the ability to bounce back from that stress.



A combination of factors contributes to one's resilience. A primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models, and offer encouragement and reassurance, help bolster a person's resilience. Other factors include having:

- Realistic plans
- A positive view
- Good communication skills
- The capacity to manage strong feelings

There are a number of ways you can make yourself more resilient:

- Stay flexible.
- Learn lessons.
- Take action.
- Stay connected.
- Release tension.
- Have a sense of purpose.
- Believe in yourself.
- Keep laughing.
- Be optimistic.

Getting help when you need it is also crucial to building your resilience. Beyond caring family members and friends, some people find it helpful to turn to:

- Self-help and support groups
- Books and other publications
- Online resources
- A licensed mental health professional

Sources: [apa.org](https://www.apa.org)*, [webmd.com](https://www.webmd.com)*

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